

Hash Tag First Aid



Welcome to November's edition of Hash Tag First Aid

In this edition we are talking about **recognising Meningitis and the new vaccine for those attending university, treating burns and the new resuscitation changes and how you can inform your staff about them, Open course dates and the usual congratulations to our new first aiders!**

If you have any feedback or pictures of you or your team with your certificates, please send them to us! If you would like to read about something specific, please let us know by emailing us at info@aimhigh-training.co.uk. If you missed our **July** edition you can read it [here](#).

Don't forget you can keep up to date with all things first aid and Aim High by liking us on [Facebook](#) and following us on [Twitter](#). We are also on [Google+](#), [LinkedIn](#) and have our very own [You Tube channel](#).

Enjoy!

Aimie and Bonnie

Meningitis – Are you aware?

Meningitis can be devastating! It can leave people bereaved or facing a life changing future. [Meningitis Now](#) offer free support services for everyone within the UK and have some great [resources](#) on offer....all completely free of charge!!!

[Read about the signs and symptoms here....](#)

Do you have friends or family at university? Are they aware of the new vaccine health officials are encouraging them to have? [Read more here...](#)

In this issue.....

Welcome!

Meningitis – Are you aware?

Recognising and treating burns

New resuscitation guidelines and how to update your staff

Open course dates

Congratulations

“A very professional and friendly trainer. I feel more confident and secure in my ability to first aid both in and out of work”



Burns Statistics

Every 1.5 minutes someone in the UK is burnt or scalded in an accident at home.

45% of casualties are children under the age of 14 years old.

112,000 people visit hospital each year with a burn related injury.

Remember Remember Burns in November

Burns and Scalds are damage to the skin caused by heat and are treated in the same way. A burn is caused by dry heat ie: an iron or fire. A scald is caused by something wet, such as hot water or steam. Burns can also be caused by chemicals, ice, electricity and the sun. They can be very painful and can cause blisters and charred, black or red skin.

[Read more....](#)



New resuscitation guidelines and how to update your staff!

You may not be aware, but every 5 years the European Resuscitation Council (ERC), the Resuscitation Council (UK) and the International Liaison Committee on Resuscitation (ILCOR) review the latest research and evidence in resuscitation, and then release updated guidelines. In addition to this, for the first time in history, this year the European Resuscitation Council (ERC) have also produced guidelines for first aiders. The guidelines and new changes can sometimes be a little confusing so we have put it into plain English for you.

The good news is that you don't need to do anything different to what we have already taught you, you will be updated on the changes at your next refresher course. If you do have any concerns though, we would be more than happy to deliver an annual update session to your team or as always, we are on the end of the phone!!!

Please click [here](#) for a no jargon explanation of the recent changes and how you can update your staff....



"I thought that the first aid training provided was great. The trainer was great at making the course fun and easy to understand. She explained things well and drew on her own experiences to advise us"

Useful links

www.nhsdirect.nhs.uk

www.anaphylaxis.org.uk

www.asthma.org.uk

www.diabetes.org.uk

www.epilepsy.org.uk

www.meningitisnow.org

www.stroke.org.uk

**"First Aid Training
made Fun and
Affordable"**

Workplace Open First Aid Course dates

We are running a variety of open course dates within the Derby and Loughborough areas before the end of the year.

Level 2 Award in Emergency First Aid at Work courses:

- Tuesday 1st December - Riverside Chambers, Derby
- Wednesday 9th December – Rempstone Village Hall, Loughborough
-

All priced at just £70.00pp and includes fun, interactive training, refreshments all day, a first aid manual, a 1-person first aid kit and an accredited certificate valid for 3 years!!!!

[Why not book your place today!](#)

Look out for more dates in our next issue!!!!

Congratulations to the following new first aiders.....

We would like to congratulate the following businesses, individuals and groups on successful completion of their first aid qualifications.....

- SCA Timber
- Derby Women's Centre
- Year 5 Children at Shenley Primary School
- Debbie and her NCT group
- All our delegates who attended our open courses

Keep up to date with Aim High and all things first aid related

